

Local information

Spouses meeting

The Enlisted Spouses Club's Christmas meeting is Monday at 7 p.m. at the Carolina Skies Club. Spouses who would like to participate in the gift exchange are asked to bring a \$10 non-gender specific, wrapped gift. For more information, call Tammi Biggs at **499-2090**.

Women's luncheon

The Sumter Women's Connection luncheon is Wednesday from 11:30 a.m. to 1 p.m. at the Sunset Country Club in Sumter. For more information or to make reservations, call **481-4782**.

Free art classes

The Sumter Gallery of Art is offering free art classes for children of deployed military members. The classes are Thursday and Dec. 15 from 3 to 5 p.m. For more information, call the gallery at **775-0543**.

Support group, class

The New Parent Support Program conducts a breast feeding support group and class the first Thursday of each month from 10 to 11:30 a.m. For more information, call Debbie Wilson at **895-6093**.

Holiday brunch, bazaar

The Officers Civilian Spouses Club's holiday brunch and bazaar is Dec. 13 at 9:30 a.m. at the Carolina Skies Club. The brunch is complimentary to all OCSC members, honorary squadron commanders' spouses and commanders' administrative assistants. All reservations must be made by noon Dec. 9. For more information, call Cindy Niles at **666-3282**. To RSVP, call Cheryl Costello at **494-3094**.

Airmen's Attic

The Shaw Airmen's Attic is open the first Saturday of every month from 10 a.m. to 1 p.m. and every Thursday from 5:30 to 7:30 p.m. to all Airmen E-4 and below. For more information, call the attic at **895-6276**.

Shaw Thrift Shop

The Shaw Thrift Shop is open Mondays from 9:30 a.m. to 12:30 p.m., Thursdays from 9:30 a.m. to 2 p.m. and 5:30 to 7:30 p.m., and the first Saturday of every month from 9:30 a.m. to 12:30 p.m. For more information, call the thrift shop at **895-6280**.

Spouses group

The Foreign Military Spouses Club is looking for new members. All foreign military spouses are invited to join. For more information, call Nadia James at **666-4737** or Lisa Herr at **499-2205**.

Outdoor holiday lights

For Shaw single parents and spouses whose sponsor is deployed or serving a remote tour, the Shaw 56 Club will help set up outdoor holiday decorations. For more information, call Master Sgt. John Kennedy at **895-1252**.

Air Force OneSource

Air Force OneSource is available 24 hours a day, seven days a week for information on a variety of issues. For more information, call **(800) 707-5784** or visit **www.militaryonesource.com**, user ID: **airforce**, password: **ready**.

FSC 895-1252

Give parents a break

The child development center and the youth center will provide free child care today and Dec. 10 from 6:30 to 10:30 p.m. For more information or to get a referral certificate, call the FSC.

Sponsorship training

The family support center will conduct sponsorship training Tuesday from 8 to 9 a.m. at the FSC. It is mandatory for all first-time sponsors and those who have not sponsored in the last year. For more information, call the FSC.

Separation briefing

A mandatory briefing for members who are separating or retiring is Tuesday from 1 to 3 p.m. at the FSC. For more information, call the FSC.

Holiday volunteer recognition

Shaw volunteers are invited to visit the FSC Tuesday from 2 to 4 p.m. For more information, call the FSC.

Reintegration briefing

Briefings for members returning from deployments outside the continental United States are Tuesday and Friday from 10 a.m. to 1 p.m. For more information, call the FSC.

Budget class

A class teaching Shaw members E-4 and below to manage their money is Wednesday from 8:30 to 11:30 a.m. For more information, call the FSC.

Pre-deployment briefing

A pre-deployment briefing is Thursday from 8 to 9:30 a.m. at the FSC. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Spouses are encouraged to attend the briefing. For more information, call the FSC.

Chapel 895-1106

To speak to the duty chaplain after hours, call **895-5850**.

Protestant services:

8 a.m. Sunday, Inspirational Gospel Service, Friendship Chapel

10 a.m. Sunday, Liturgical Service, Friendship Chapel (weekly communion)

11 a.m. Sunday, Shared-Faith Service, Palmetto Chapel

6 p.m. Sunday, Faith Factor, Friendship Chapel

7 p.m. Wednesday, youth group, Youth Center

Catholic services:

4:15-4:45 p.m. Saturday, confession, Palmetto Chapel

5 p.m. Saturday, Mass, Palmetto Chapel

9:30 a.m. Sunday, Mass, Palmetto Chapel

For more information on chaplain service programs, visit

www.shaw.af.mil/20fw/chapel/chapelindex.asp.

Other faith groups may contact the chapel for information on worship times and locations.

Dining facility 895-9791

Today -- Lunch -- Corned beef, pineapple chicken, pot roast; Dinner -- Chicken a la king, beef and corn pie, turkey

Saturday -- Brunch -- Barbecue chicken, fish, Hungarian goulash; Dinner -- Chicken, meatballs, creole shrimp

Sunday -- Brunch -- Beef stir-fry, turkey nuggets, chicken a la king; Dinner -- Fish, cantonese ribs, chicken

Monday -- Lunch -- Chili macaroni, beef cannelloni, chicken; Dinner -- Pot roast, stuffed fish, roast pork loin

Tuesday -- Lunch -- Chicken, meatloaf, turkey a la king; Dinner -- Teriyaki chicken, veal parmesan, salmon cakes

Wednesday -- Lunch -- Lasagna, Italian-style veal, Italian-style sausage; Dinner -- Chicken tetrazzini, beef and corn pie, roast turkey

Thursday -- Lunch -- Ham and tomato macaroni, roast turkey, Syrian beef stew; Dinner -- Herb-baked chicken, stuffed cabbage, fried catfish

(Entree menu from the 20th Services Squadron)

At the movies 895-2199

Movie schedule and start times are subject to change. Members can call the theater for recorded movie information. Admission is \$1 for both adults and children.



Friday at 7 p.m.

In Her Shoes, PG-13 (thematic material, language, sexual content) -- Maggie, a fun-loving young lady, is irresponsible. Her older sister Rose is a high-powered lawyer who watches Maggie's wild life with disdain. When the two attempt to live together, they fail miserably. The sisters are forced to go off in different directions to find the missing pieces in their lives.

2 hrs. 10 mins.



Saturday at 7 p.m.

Elizabethtown, PG-13 (language, sexual references) -- After causing the shoe company he works for to lose hundreds of millions of dollars, Drew is fired for his mistake. On the verge of suicide, Drew is given a new purpose in life when he returns to his hometown. On the way home, Drew meets Claire and falls in love. The romance helps his life get back on track.

2 hrs. 3 mins.



Photos and information courtesy of AAFES

Sunday at 3 p.m.

The Gospel, PG (theme, language) -- A young singer turns his back on God and his father's church when tragedy strikes. He returns years later to find the once powerful congregation in disarray. With his childhood nemesis creating a "new vision" for the church, he is forced to deal with family turmoil, career suicide, and relationship issues that send him on a collision course with redemption or destruction.

1 hr. 45 mins.

AFA women win opener

Falcon basketball team come from behind 67-60

By **Wayne Amann**
Air Force Academy Public Affairs

Wins have been few and far between for the Air Force women's basketball program since the 1996-97 season.

Seven has been the most victories any Falcon team has enjoyed in any one campaign spanning the last 10 seasons. They did that twice.

That's why their recent season-opening, 67-60 come-from-behind win over Northern Colorado at Clune Arena is being savored by head coach Ardie McNelly and her young band of Falcons devoid of any seniors.

"It didn't always look pretty, but it's a great win for us," McNelly said. "We're going to celebrate this."

Air Force trailed 57-55 with less than four minutes to play. Falcon sophomore center Ellen Jaeschke made a lay-up which ignited a 12-3 Falcon run, primarily via free throws down the stretch, to ice the verdict.

"One of my assistants said it's better to play a close game, you can learn more from that," McNelly said. "I learned we can compete for 40 minutes and win. I'm extremely proud of these young women. They never gave up. They had some key block outs and made some key free throws at the end."

The Falcons opened a 23-11 lead before the Bears clawed their way back. Nineteen Air Force turnovers coupled with Northern Colorado's Jabrenta Hubbard canning three 3-pointers, kept the Bears within striking distance at halftime, 34-25. Hubbard finished with a game-high 17 points.

After intermission, Northern Colorado stormed back. Within seven minutes the Bears fashioned a 14-5 run. The last bucket, a three-pointer by junior forward Heather Barbour, tied the game at 39.

The seesaw affair was knotted at 46, 53, 55 and 57 before Air Force took charge in the waning minutes.

With the outcome still in doubt, the Falcons were up by four with 40 seconds left. Sophomore forward Alicia Steele grabbed a key defensive rebound and sank three free throws, including a technical free throw, to put the game out of reach.

"Getting those stops produces your offensive game," she said. "We picked it up and did what we had to do. It feels good knowing I can contribute in so many areas."

Steele, last season's leading scorer and rebounder, stepped up her all-around play against the Bears. The Oklahoma City product paced Air Force with 14 points, 11 boards, three assists and four blocked shots.

What didn't show up in the final statistics is the maturity this year's Air Force team demonstrated, even

without a single senior on its roster.

"We kept calm," Falcon sophomore point guard Lauren Henderson said when talking about breaking the Bears pressing defense. "We didn't get flustered when a bunch of people came after us. We kept the ball in the middle of the floor because their press was keyed on trapping on the sides and in the corners. We kept the ball moving and stayed calm."

McNelly stressed staying under control with the game on the line.

"I was just trying to settle the players down at that point," she said. "I told them one possession at a time. It's about execution at both ends of the court. Sometimes they can get over excited. I have to settle myself and the team down."



Photo by Danny Meyer

Air Force Academy Falcon sophomore guard Ashley Mickens drives by a Northern Colorado defender to the hoop.

Health & Wellness



Photo by Tech. Sgt. Shirley Henderson

Right, Master Sgt. James Eidson, 20th Medical Operations Squadron Pediatrics Clinic NCO in charge, gives a flu vaccine Wednesday to Lt. Col. Miles deMayo, 20th Fighter Wing Plans and Inspections chief.

Flu shot important

By **Gerry Gilmore**
American Forces Press Service

WASHINGTON -- At this time of year, clinics and hospitals can be swamped with people "bitten" by a nasty bug known as the influenza virus.

Getting the flu not only is an unpleasant experience, said Dr. David Tornberg, the deputy assistant secretary of defense for health affairs' clinical and program policy, it is also a potentially debilitating illness that can wreak havoc in large organizations like the U.S. military.

"It's very important that all active-duty personnel be vaccinated in order to prevent the consequences of influenza, which can just devastate our military," Dr. Tornberg said.

People with flu may be ill for several days, Dr. Tornberg said. Symptoms can include a runny nose, sore throat, cough, and fever.

Rest and drinking plenty of fluids are two time-tested methods of treating the flu, he said. However, getting a yearly flu shot can prevent an occurrence of the illness or at least mitigate its effects.

Anti-flu shot vaccines contain weakened flu viruses, Dr. Tornberg said. The administration of flu shots causes a person's body to develop antibodies programmed to combat any appearance of flu virus, thus providing a measure of immunization.

Military family members should also get flu shots, including children 6 months or older, Dr. Tornberg said. Older people should also be immunized against the flu as they can be particularly susceptible to the virus.

Annual immunization against the flu is a worthwhile endeavor since the virus can be dangerous, and in severe cases can result in pneumonia and respiratory failure, Dr. Tornberg said.

Flu shots are now available for all active-duty members, dependents 6 months and older, and Shaw beneficiaries who have a primary care manager's perscription. Team Shaw members can get the flu shot at the immunization clinic Monday through Thursday from 7:30 a.m. to 4 p.m. and Friday from 7:30 a.m. to noon.



Ham shoot

There is a skeet and trap shoot Dec. 10 and Dec. 17 from noon - 5 p.m.

The ham shoot involves different shotgun games and the winner will receive a free holiday ham. Registration is \$4 for members and non-members.

For more information, call outdoor recreation at **895-0449**.

Outdoor recreation cabins

Cabins at Lake Wateree are at the lowest prices of the season with savings up to \$40 a night.

For reservation information, call outdoor recreation at **895-0449**.

Cardio kick-boxing

Kick-boxing sessions are available Dec. 28 and Dec. 30 from 5:30-6:30 a.m. at the fitness center.

For more information, call the fitness center at **895-2789**.

Fun run

There is a fun run today at 7 a.m. at the softball complex.

Family members are encouraged to participate.

For more information, call the fitness center at **895-2789**.